

WINTER SPORTS OF OLD QUEBEC

WHEN FROST REIGNS AT
HISTORIC CITADEL.

Dufferin Terrace Toboggan
Slide is a Brilliant Spectacle
These Nights.

Quebec is beautiful both in winter and summer, but possibly its charm is greatest when King Winter has spread his ermine over the historic heights and the Citadel and when the great ice fleets flow and ebb each day in the majestic St. Lawrence.

For a month Quebec has been reveling in winter sports of all kinds. The old city has real winter weather, with dry, hard snow. On Saturdays and Sundays particularly thousands of its citizens don their skis or snow shoes and take long trips through the picturesque country or through the great toboggan slide on Dufferin Terrace. Here they enjoy the wild rush from the top of the slide, near the king's bastion of the famous old fort which Montgomery and Arnold vainly endeavored to capture away back in 1775.

Although the Norwegian ski has become very popular in Canada during the last few years, the snowshoe still numbers its devotees by thousands. The American Indian is generally credited with having devised the snowshoe; the early French Canadians were not slow in adopting it as a means of crossing wide stretches of deep snow, and their numerous descendants in Quebec are experts in its use today.

Two Thousand Snowshoers.

One of the most flourishing organizations in Quebec devoted to winter sports is the Union Canadienne des Raquetteurs, which was a conspicuous feature of the great parade through the city on February 14, when two thousand snowshoers were in line, and of the church parade February 15.

The sport loving people of Quebec, like those of other cities, have their work to do each day, and such big snowshoe parades as that of February 14 are staged at night. On this occasion an army of snowshoers formed in line at the drill hall and, dressed in their picturesque costumes, paraded through the principal streets.

One of the favorite resorts is the Dufferin Terrace toboggan slide. The big slide is a beautiful spectacle at night, when it is thronged with picturequely costumed tobogganists of both sexes and when the brilliant lights are reflected from snow and ice. The total length of the slide from high up on the shoulder of the Citadel to the snow embankment terminus near the Chateau is a quarter of a mile. There are three tracks, between which are partitions of ice six inches high, so that no matter if the tobogganist does the quarter of a mile in twenty seconds there is no danger of collision or of being thrown out of the particular groove in which he is sliding. Every day eighteen barrels of water are sprinkled upon the tracks, so that each one is a plane of ice, and very swift. The toboggan line up three abreast at the top of the slide, where they are held by steel triggers. When all are ready the triggers are released, and down the steep descent the three toboggans rush at forty miles an hour.

Ideal Place For Skiing.

Because of its hilly character Quebec is an ideal place for ski running and jumping. The glacis of the old Citadel is high and steep, and on Saturday afternoons and Sundays is a favorite rendezvous for lovers of this thrilling sport. The pretty, red-checked French-Canadian girls are clever and daring skiers. Four of them, abreast, holding hands and looking like colored paper dolls against the white snow, glide down the long slope of the glacis at high speed without mishap. Now and then they get tangled up in a heap, but this only adds to the fun. The only really difficult thing about skiing is getting up after a spill into the deep snow, for skis are very long and unwieldy, and in the language of the old song:

When you're up you're up,
And when you're down, you're down,
But when you're only half-way up
You're neither up nor down!

Enviied by all the other enthusiasts are the ski jumpers, who make long and hazardous flights through the air from some high take-off and even loop the loop on some slide particularly fitted for this thrilling performance.

Lamps For Brides.

In early times the courtship and marriage customs among the Greenlanders were simple and unceremonious enough, since we are told that when a love-lorn youth made up his mind as to the girl he wanted to adorn and be useful in his hut of ice and snow, he went to her house, seized her by the hair or wherever he could secure a good grip on her, and dragged her to his own domain, where she was expected to remain, without any further marriage ceremony. If an affluent bridegroom he would perhaps soothe her lacerated feelings by presenting her with a new lamp or some other article of household utility.

Young birds can use their legs freely long before they can support themselves by their wings.

INFLUENZA HAS LATER DANGERS

Particular Care Needed When
Patient is Convalescent, Says
Expert.

The influenza convalescent who has apparently recovered from the disease and is yet in a strangely weak and depressed condition should be the object of particular care, according to Dr. Louis I. Harris, director of the Bureau of Preventable Diseases of the New York Health Department. In the opinion of Dr. Harris the after care of the influenza patient is most important. The co-operation of the patient, coupled with the willingness to treat the weakness and depression as a part of the illness, though coming after the disease itself has spent its force, is a big factor in effecting a complete return to full health. On the other hand, the determination to ignore this debilitated condition and to shoo away the illness, Dr. Harris says, frequently brings serious consequences upon the patient.

After Effects Bad.

"The subject of the after effects of influenza," said Dr. Harris, "is one of particular interest to the scientist at the present time."

"First, and perhaps the most important condition to be considered is the striking depression, mental, nervous, and physical, complained of by most patients. Those attacked by the disease with moderate severity are almost always afflicted with this depression, which should be recognized and dealt with. Those who have had mild cases of the epidemic are little affected by depression, and their quick return to health and strength gives rise to the belief that influenza is trivial. On the contrary, influenza in its after effects is anything but trivial, and calls for the application of rules of common sense and sanitation which are the fruit of years of experience."

"Tonic treatment, well chosen diet, and great care in not becoming over-tired or allowing the body to be chilled are necessary. Eggs may be eaten, but not more than two a day, for the average adult. Of course, it must be remembered that in many cases this disease tends to direct its force against the kidneys, and therefore we instruct patients to avoid eating a great amount of meat, eggs, or food extracts. Eggs, soft boiled, poached, or beaten, raw, are advisable in limited number. The raw eggs should always be well agitated before taking."

When Good Food is Bad.

"With milk and eggs as a foundation the patient should eat good nourishing food, including meat, fish, and vegetables, simply prepared. Frying, for instance, is out of the question. Good food prepared in an unassimilable manner becomes bad food; especially is this to be noted in cases of convalescence from influenza, for the disease often manifests itself in vomiting and in intestinal and gastric disturbances, and it is important not to weaken the digestive function by the eating of poorly prepared food, or even the best of food in ill-advised quantities. The quantitative distribution of foodstuffs should be so adjusted as not to overtax the stomach, but the patient should eat generously and frequently."

As a tonic to build up the blood and stimulate the shattered nerves, Dr. Williams' Pink Pills are unsurpassed. These pills actually make new, rich, red blood, which reaches every organ and every nerve in the body, improves the appetite, strengthens digestion and drives away the feeling of weariness and depression always following an attack of influenza or influenza. Those who give Dr. Williams' Pink Pills a fair trial will be amply repaid by the new health and strength this tonic medicine always gives.

Intimation.

Here where the sunlight makes more strangely fair
The little street, each steeply where it stands,
Something like spring is blowing down the air,
Touching the town with dear, transforming hands.
Half shy and hesitant, a something stays
One trembling instant where the sun is sweet,
A quickening presence on these winter ways,
Haunting and swift—and gone on shining feet.

Yet, in that instant, there were daffodils,
And slender spears uprising on the lawn,
And perfumed blossoms on the April hills.

Only the timid prophesies were gone,
Leaving a faith as gallant as the grass,
How that these things would surely come to pass.

Dogs as Vocalists.

Not all dogs have a "taste" for music. Only some of them will howl responsively to a piano or other instrument.

The notion that a dog howls under such circumstances because the music gives him a pain is a mistake. He probably imagines that he is singing. The writer once had a St. Bernard that would run a block any time to sit in front of a hand organ and sing. His favorite tune was "There is a Fountain-Filled With Blood."

Ask for Mink's and take no other.

Fate of Sea Cows.

The last Arctic "sea cow" was seen in 1854—about a century after the first discovery of the species by white men. When full grown, the creature weighed as much as 8,000 pounds. These animals frequented shallows at the mouths of rivers in herds; and while feeding they drove before them their young, to protect the latter from danger. So tame were they that one could stroke their backs without any objection on their part.

Unfortunately, their flesh was good to eat, resembling beef. Whalers got in the way of depending upon them for stores of fresh meat; and so, in the natural course of events, they were wiped out.

Gesture of the Tongue.

The tongue has a single gesture, and everybody knows what it means. It is thrust out to express contempt. The little girl who "sticks out her tongue" does not realize that her action, so unkindly, harks back to the prehistoric. It is undoubtedly a most ancient mode of conveying the idea of intensified disrespect. Everywhere in the world, among savage and civilized peoples, the lingual gesture has the same recognized significance.

It Touched Her Heart.

Naturally, when Ethel went on a first visit to some distant cousin in the country, she didn't want to display her lack of knowledge of country life. So she asked questions which she thought "knowing," but which nearly made her hosts laugh out loud. One evening, just at dusk, as Ethel stood at the open door of the farmhouse talking to one of the sons of the family, there came to them the low mournful note of a cow.

"Just listen to that poor cow," sighed Ethel, tenderly, "mewing for her lost calf!"

MONEY ORDERS.

A Dominion Express Money Order for five dollars costs three cents.

BITS OF HUMOR FROM HERE & THERE

A Full-Time Job.

Well-meaning Old Lady: "Are you going to Mrs. Smith's funeral, sir?"
Doctor: "No; I very seldom go to any of my patients' funerals."

Well-meaning Old Lady: "No; I suppose you might be doing nothing else, sir, if you was to."

Fair Enough.

Pat went to a druggist to get an empty bottle. Selecting the one that suited his purpose, he asked, "How much?"

"Well," said the clerk, "if you have something in the bottle it won't cost you anything, but if you want it empty it will cost you five cents."

"Sure, that is fair enough," observed Pat. "Put in a cork."

WINTER WEATHER HARD ON LITTLE ONES

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little ones out for an airing. The consequences are, so unkindly, harks back to the prehistoric. It is undoubtedly a most ancient mode of conveying the idea of intensified disrespect. Everywhere in the world, among savage and civilized peoples, the lingual gesture has the same recognized significance.

Our Canadian winters are exceedingly hard on the health of little ones. The weather is often so severe that the mother cannot take the little ones out for an airing. The consequences are, so unkindly, harks back to the prehistoric. It is undoubtedly a most ancient mode of conveying the idea of intensified disrespect. Everywhere in the world, among savage and civilized peoples, the lingual gesture has the same recognized significance.

Test all field corn before planting.

Keep Mink's Lintment in the house.

For the Spring Wardrobe



No. 9269—Ladies' Dress. Price, 25 cents. Two styles of sleeve; three-piece tunic in two lengths; two-piece underskirt, 38 or 36-inch length. Cut in 8 sizes, 34 to 48 inch bust. Size 36, longer tunic, 4 1/2 yards 40 inches wide, or 3 1/2 yards 44 inches wide; shorter tunic, 4 yards 40 inches wide, or 2 1/2 yards 44 inches wide; vest, 3/4 yard 18 inches wide. Width, 1 1/2 yards.

No. 9103—Ladies' Dress. Price, 25 cents. With vest; two styles of sleeve; one-piece straight skirt with or without trimming; 38 or 36-inch length. Cut in 8 sizes, 34 to 48 inch bust. Size 36 requires, 38-inch length, with trimming; 3 1/2 yards 54 inches wide. Width, 1 1/2 yards.

No. 9257—Ladies' Dress with Chemise. Price, 25 cents. Kimono or sleeves, or dropped shoulders with bell sleeves; two-piece skirt having upper and lower sections; inset or shorter length. Cut in 7 sizes, 34 to 46 inch bust. Size 36, with tucked sleeves, 4 1/2 yards 36 inches wide, or 3 1/2 yards 40 inches wide; with bell sleeves, 4 1/2 yards 36 inches wide, or 3 1/2 yards 40 inches wide. Width around bottom, 1 1/2 yards.

No. 9327—Ladies' Dress. Price, 25 cents. With vest, two styles of sleeve; three-piece tunic and lower section; 38 or 36-inch length. Cut in 8 sizes, 34, 36, 38, 40, 42, 44, 46 and 48 inch measure. Size 36, without collar, 38 inch length, 3 1/2 yards 40 inches wide; figured, 3 yards 40 inches wide; plain, 2 yards 36 inches wide. Width around bottom, 1 1/2 yards.

These patterns may be obtained from your local McCall dealer, or from the McCall Company, 70 Bond Street, Toronto, Dept. W.

Many a Tea or Coffee drinker doesn't realize that his ill-health or discomfort is due to his table beverage until some friend suggests a change to

Instant Postum

The growing favor of this healthful beverage among tea and coffee drinkers plainly shows

"There's a Reason"

ASTHMA

If you have Asthma, don't imagine that you must always suffer untold misery. Relief quick, pure and safe is guaranteed in even the worst cases by using

TEMPLETON'S RAZ-MAH CAPSULES

We are so certain of results we will send you a free sample of these capsules, confident that you will find them all we have claimed. Write to Templeton, 142 King St. W., Toronto.

Sold by reliable druggists everywhere for \$1.50 a box.

TEMPLETON'S RHEUMATIC CAPSULES

For fifteen years the standard specific for Rheumatism, Neuritis, Gout, Sciatica, Lumbago, Neuralgia. Many doctors prescribe them. Write to Templeton, 142 King St. W., Toronto, for free sample. Sold by reliable druggists everywhere for \$1.50 per box.

Foxy Pa.

"Mr. Blank must favor Tom's suit for his daughter's hand; he's invited Tom to dinner."

"That's where you're mistaken. His daughter is keeping house now, and he thinks when Tom tastes her cooking that will settle it."

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or anything of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD.

LaHave Islands, Lunenburg Co., N.S.

The Truth of It.

Fond Mother—"I hope that the young man never kisses me by surprise!"

Daughter—"No, mother. He only thinks he does."

Let Cuticura Be Your Beauty Doctor

The Soap to Purify Ointment to Soothe

Let Cuticura be your beauty doctor, one that really does something to purify and beautify your hair and skin. Bathe with Cuticura Soap and hot water to cleanse the pores. If signs of redness, roughness or eruptions are present, or dandruff on scalp, touch gently with Cuticura Ointment before bathing or shampooing. For every purpose of the toilet, bath and nursery Cuticura Soap and Ointment are ideal. Absolutely reliable without soap.

Box 250, Ointment 25 and 50c. Sold throughout the Dominion. Canadian Depot: 1001, 1003, 1005, 1007, 1009, 1011, 1013, 1015, 1017, 1019, 1021, 1023, 1025, 1027, 1029, 1031, 1033, 1035, 1037, 1039, 1041, 1043, 1045, 1047, 1049, 1051, 1053, 1055, 1057, 1059, 1061, 1063, 1065, 1067, 1069, 1071, 1073, 1075, 1077, 1079, 1081, 1083, 1085, 1087, 1089, 1091, 1093, 1095, 1097, 1099, 1101, 1103, 1105, 1107, 1109, 1111, 1113, 1115, 1117, 1119, 1121, 1123, 1125, 1127, 1129, 1131, 1133, 1135, 1137, 1139, 1141, 1143, 1145, 1147, 1149, 1151, 1153, 1155, 1157, 1159, 1161, 1163, 1165, 1167, 1169, 1171, 1173, 1175, 1177, 1179, 1181, 1183, 1185, 1187, 1189, 1191, 1193, 1195, 1197, 1199, 1201, 1203, 1205, 1207, 1209, 1211, 1213, 1215, 1217, 1219, 1221, 1223, 1225, 1227, 1229, 1231, 1233, 1235, 1237, 1239, 1241, 1243, 1245, 1247, 1249, 1251, 1253, 1255, 1257, 1259, 1261, 1263, 1265, 1267, 1269, 1271, 1273, 1275, 1277, 1279, 1281, 1283, 1285, 1287, 1289, 1291, 1293, 1295, 1297, 1299, 1301, 1303, 1305, 1307, 1309, 1311, 1313, 1315, 1317, 1319, 1321, 1323, 1325, 1327, 1329, 1331, 1333, 1335, 1337, 1339, 1341, 1343, 1345, 1347, 1349, 1351, 1353, 1355, 1357, 1359, 1361, 1363, 1365, 1367, 1369, 1371, 1373, 1375, 1377, 1379, 1381, 1383, 1385, 1387, 1389, 1391, 1393, 1395, 1397, 1399, 1401, 1403, 1405, 1407, 1409, 1411, 1413, 1415, 1417, 1419, 1421, 1423, 1425, 1427, 1429, 1431, 1433, 1435, 1437, 1439, 1441, 1443, 1445, 1447, 1449, 1451, 1453, 1455, 1457, 1459, 1461, 1463, 1465, 1467, 1469, 1471, 1473, 1475, 1477, 1479, 1481, 1483, 1485, 1487, 1489, 1491, 1493, 1495, 1497, 1499, 1501, 1503, 1505, 1507, 1509, 1511, 1513, 1515, 1517, 1519, 1521, 1523, 1525, 1527, 1529, 1531, 1533, 1535, 1537, 1539, 1541, 1543, 1545, 1547, 1549, 1551, 1553, 1555, 1557, 1559, 1561, 1563, 1565, 1567, 1569, 1571, 1573, 1575, 1577, 1579, 1581, 1583, 1585, 1587, 1589, 1591, 1593, 1595, 1597, 1599, 1601, 1603, 1605, 1607, 1609, 1611, 1613, 1615, 1617, 1619, 1621, 1623, 1625, 1627, 1629, 1631, 1633, 1635, 1637, 1639, 1641, 1643, 1645, 1647, 1649, 1651, 1653, 1655, 1657, 1659, 1661, 1663, 1665, 1667, 1669, 1671, 1673, 1675, 1677, 1679, 1681, 1683, 1685, 1687, 1689, 1691, 1693, 1695, 1697, 1699, 1701, 1703, 1705, 1707, 1709, 1711, 1713, 1715, 1717, 1719, 1721, 1723, 1725, 1727, 1729, 1731, 1733, 1735, 1737, 1739, 1741, 1743, 1745, 1747, 1749, 1751, 1753, 1755, 1757, 1759, 1761, 1763, 1765, 1767, 1769, 1771, 1773, 1775, 1777, 1779, 1781, 1783, 1785, 1787, 1789, 1791, 1793, 1795, 1797, 1799, 1801, 1803, 1805, 1807, 1809, 1811, 1813, 1815, 1817, 1819, 1821, 1823, 1825, 1827, 1829, 1831, 1833, 1835, 1837, 1839, 1841, 1843, 1845, 1847, 1849, 1851, 1853, 1855, 1857, 1859, 1861, 1863, 1865, 1867, 1869, 1871, 1873, 1875, 1877, 1879, 1881, 1883, 1885, 1887, 1889, 1891, 1893, 1895, 1897, 1899, 1901, 1903, 1905, 1907, 1909, 1911, 1913, 1915, 1917, 1919, 1921, 1923, 1925, 1927, 1929, 1931, 1933, 1935, 1937, 1939, 1941, 1943, 1945, 1947, 1949, 1951, 1953, 1955, 1957, 1959, 1961, 1963, 1965, 1967, 1969, 1971, 1973, 1975, 1977, 1979, 1981, 1983, 1985, 1987, 1989, 1991, 1993, 1995, 1997, 1999, 2001, 2003, 2005, 2007, 2009, 2011, 2013, 2015, 2017, 2019, 2021, 2023, 2025, 2027, 2029, 2031, 2033, 2035, 2037, 2039, 2041, 2043, 2045, 2047, 2049, 2051, 2053, 2055, 2057, 2059, 2061, 2063, 2065, 2067, 2069, 2071, 2073, 2075, 2077, 2079, 2081, 2083, 2085, 2087, 2089, 2091, 2093, 2095, 2097, 2099, 2101, 2103, 2105, 2107, 2109, 2111, 2113, 2115, 2117, 2119, 2121, 2123, 2125, 2127, 2129, 2131, 2133, 2135, 2137, 2139, 2141, 2143, 2145, 2147, 2149, 2151, 2153, 2155, 2157, 2159, 2161, 2163, 2165, 2167, 2169, 2171, 2173, 2175, 2177, 2179, 2181, 2183, 2185, 2187, 2189, 2191, 2193, 2195, 2197, 2199, 2201, 2203, 2205, 2207, 2209, 2211, 2213, 2215, 2217, 2219, 2221, 2223, 2225, 2227, 2229, 2231, 2233, 2235, 2237, 2239, 2241, 2243, 2245, 2247, 2249, 2251, 2253, 2255, 2257, 2259, 2261, 2263, 2265, 2267, 2269, 2271, 2273, 2275, 2277, 2279, 2281, 2283, 2285, 2287, 2289, 2291, 2293, 2295, 2297, 2299, 2301, 2303, 2305, 2307, 2309, 2311, 2313, 2315, 2317, 2319, 2321, 2323, 2325, 2327, 2329, 2331, 2333, 2335, 2337, 2339, 2341, 2343, 2345, 2347, 2349, 2351, 2353, 2355, 2357, 2359, 2361, 2363, 2365, 2367, 2369, 2371, 2373, 2375, 2377, 2379, 2381, 2383, 2385, 2387, 2389, 2391, 2393, 2395, 2397, 2399, 2401, 2403, 2405, 2407, 2409, 2411, 2413, 2415, 2417, 2419, 2421, 2423, 2425, 2427, 2429, 2431, 2433, 2435, 2437, 2439, 2441, 2443, 2445, 2447, 2449, 2451, 2453, 2455, 2457, 2459, 2461, 2463, 2465, 2467, 2469, 2471, 2473, 2475, 2477, 2479, 2481, 2483, 2485, 2487, 2489, 2491, 2493, 2495, 2497, 2499, 2501, 2503, 2505, 2507, 2509, 2511, 2513, 2515, 2517, 2519, 2521, 2523, 2525, 2527, 2529, 2531, 2533, 2535, 2537, 2539, 2541, 2543, 2545, 2547, 2549, 2551, 2553, 2555, 2557, 2559, 2561, 2563, 2565, 2567, 2569, 2571, 2573, 2575, 2577, 2579, 2581, 2583, 2585, 2587, 2589, 2591, 2593, 2595, 2597, 2599, 2601, 2603, 2605, 2607, 2609, 2611, 2613, 2615, 2617, 2619, 2621, 2623, 2625, 2627, 2629, 2631, 2633, 2635, 2637, 2639, 2641, 2643, 2645, 2647, 2649, 2651, 2653, 2655, 2657, 2659, 2661, 2663, 2665, 2667, 2669, 2671, 2673, 2675, 2677, 2679, 2681, 2683, 2685, 2687, 2689, 2691, 2693, 2695, 2697, 2699, 2701, 2703, 2705, 2707, 2709, 2711, 2713, 2715, 2717, 2719, 2721, 2723, 2725, 2727, 2729, 2731, 2733, 2735, 2737, 2739, 2741, 2743, 2745, 2747, 2749, 2751, 2753, 2755, 2757, 2759, 2761, 2763, 2765, 2767, 2769, 2771, 2773, 2775, 2777, 2779, 2781, 2783, 2785, 2787, 2789, 2791, 2793, 2795, 2797, 2799, 2801, 2803, 2805, 2807, 2809, 2811, 2813, 2815, 2817, 2819, 2821, 2823, 2825, 2827, 2829, 2831, 2833, 2835, 2837, 2839, 2841, 2843, 2845, 2847, 2849, 2851, 2853, 2855, 2857, 2859,